

Class Warm-Up

- Stand in circle with plenty of space in between each person
- Feet parallel, shoulder-width apart, slight bend in knee
- Roll shoulders back for 10 seconds, roll shoulders forward for 10 seconds
- Roll head/neck to right 3x, roll head/neck to left 3x
- Open mouth/face (including eyes) as wide as possible, then scrunch your mouth as small as possible- 3x
- Massage your cheeks, loosen up face for 10 seconds
- Voice exercises:
 - Me, May, Mah, Mo, Moo (3x)
 - Key, Kay, Kah, Ko, Koo (3x)
 - Ti, Tay, Tah, Toe, Too (3x)
- Tongue Twister:
 - Toy Boat (10x)
 - Red leather, yellow leather (10x)
 - Six thick thistle sticks (10x)
 - The lips, the teeth, the tip of the tongue, the tip of the tongue, the teeth, the lips (10x)
- Practice Piece:

To sit in solemn silence in a dull dark dock,
In a pestilential prison with a life-long lock,
Awaiting the sensation of a short, sharp shock,
From a cheap and chippy chopper on a big black block.

Imagine an imaginary menagerie manager
Imagining managing an imaginary menagerie

Give me the gift of the grip top sock.
A drip drape, ship shape, tip top sock.
Not your spin slick, slap stick, slip slop stock;
But, a plastic elastic, grip top sock.